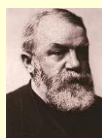




Northfield Senior Newsletter March 2016

Sponsored by the Northfield Council on Aging and the MA Executive Office of Elder Affairs



Join us on March 25 at 9 am to learn more about D.L. Moody and his beloved Northfield. Moody was undeniably a charismatic leader whose powers of persuasion are unparalleled and who learned at home the importance of family and service. Peter Weiss, the NMH archivist will share his knowledge of the man and his times. Peter grew up on the Mt. Hermon campus, and has remained immersed in the history of the school and its founder. Join us for breakfast and a lively discussion of the man who, though known around the world, always called Northfield home. Please call to reserve your place for this fun event. This is in collaboration with the Historical Society.

Come to Brazil with us on March 24 at 11 am! Ted Thornton will be sharing his trip to Brazil with NMH sophomores in 2009. He spent 10 days immersed in the culture; tasting the food, learning the history and listening to the music. Please call to sign up for lunch that day and enjoy the fun!



SHINE representative, Dennis, will be here on March 24 at 12:30. Are you turning 65 this year? Is your spouse still working or now retired? Make an appt. to learn what you need to do and ask any pesky question that comes up!



Pizza Party! The Senior Center is hosting a Pizza Party on March 16 with Chris Shepard sharing his trip to the Dominican Republic. Call to sign up and give your Pizza preference: 498-2186.



First Friday Films presents: “North by Northwest”. Full of mystery, mistaken identity and intrigue, this Hitchcock movie is a classic and will keep you on the edge of your seat! **Join us March 4 at 12:30 at the library**



Third Thursday Films presents: “Dead Men Don’t Wear Plaid”. This marvelous spoof on film noir, with Steve Martin and Carl Reiner, takes a romp through classic movies as Martin interacts with legendary actors as a low rent gumshoe trying to solve a murder. **Join us March 17 from 7pm-10pm at the library.**



Generations of Fun with Kindergarteners!

Join us on Thursday March 17 at 1:30pm. Come enjoy our young friends as we create a project together and share a snack.

At 11am on March 17, Betsey Llewelyn will be tinkling the ivories here with toe tapping tunes. Come enjoy! She often comes on Mondays, too, so you never know when she’ll show up and bring us wonderful music!



ROMEOs and a Juliette are here every Tuesday at 11:00. Come sing along and put a smile on your face!



Programs / Services

Senior Center Cancellation Policy

Listen to 98.3 WHAI, 1520 WIZZ and Channel 40 News.

*If Franklin County Home Care cancels its meal sites- there will be no congregate meal.

*If school is cancelled- the senior center and all its programs are cancelled.

*If school has a 2 hour delay we will have lunch and *afternoon* programming only.

The Senior Center is open Monday through Friday from 9am to 3pm.

60+ FITNESS AND HEALTH PROGRAMS

HEALTHY BONES AND BODY; with Mary Lyle: every **Wednesday** from 11:00-11:45 am. This class is sponsored by RSVP.



YOGA with Libby Volkening: every **Thursday** from 9:30 -10:30am. This class is sponsored by a grant through FCHCC and EOE. Donations go towards additional exercise sessions.



PVRS WEIGHT ROOM: Mon, Wed, Fri 6-7 pm. Join **Abby Churchill** and her rowdy seniors for fun and fitness: sponsored by the Recreational Dept.



FOOD ASSISTANCE and BROWN BAG

Do you have more month than money? Do feel hungry? Come see Jeanette and see if you're eligible for food assistance. Even a few dollars a month can make a big difference!



BLOOD PRESSURE: Walk-in clinic **1st and 4th Tuesday** *this month only!*



FOOT CLINIC: **1st and 4th Tuesday** *this month only:* by appointment. 498-2186. Please bring a towel.



Jennifer Calantropio, RPH returns on March 10 at 11am to discuss medication interactions important to know. Call to reserve your spot and sign up for lunch.

CAREGIVERS SUPPPORT GROUP **2nd Friday each month from 10-11am**

Come together with other caregivers to find support, share stories, ideas and even enjoy some laughter together.



March 22; 9-11 Mark Fitzpatrick, our Veterans Rep, will be available in the upstairs conference room to answer questions, sign you up for services and help with other needs.



SENIOR VAN

The Senior Van is available to come to Congregate Meals, go on group shopping trips ,meet a friend run errands, or to get to doctor's appointments. There is a minimal fee of \$1-\$2 each way, unless you are a FCHCC client, then it's free. **Contact Betty for more information or to schedule a ride.**

413-834-4084



Contacting Center Staff & services

Heather Tower, Director 498-2901 x14
Jeanette Tessier, Outreach, 498-2186
Amy Hall, FCHC, Meal site mngr. 498-2186
FCHCC- Homecare, SHINE, Meals on Wheels
773-5555, to cancel MOW call 773-7702
Betty Stafursky, Transportation- 413-834-4084

Council on Aging Board

Gwen Trelle-Chair, Genevieve Clark-
Vice Chair, Leona Labor-Secretary,
Treasurer, Ted Thornton, Suzanne
McGowan, Gail Bedard, Rhoda
Yucavich.





March 2016 Menu

(Subject to change)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
ALL MEALS INCLUDE: 1% MILK 110 calories 125 mg sodium	1 mg Sodium Chicken Parmesan 766* Marinara Sauce 31 Ziti 1 Green Beans 2 Italian Bread 230 Applesauce 0	2 mg Sodium White Bean Chicken Chili 314 Brown Rice 5 Tossed Salad 6 Multigrain Bread 110 Fresh Orange 0	3 mg Sodium Hot Dog 550* Tater Tots 29 Cole Slaw 101 Hot Dog Bun 270 Scalloped Apples 39 Diet: Apple Slices 4	4 mg Sodium Lasagna Roll 290 Tomato Basil Sauce 31 Wheat Bread 121 California Veg Blend 27 Blueberry Yogurt 75	
	Calories: 765	Calories: 570	Calories: 857	Calories: 518	
	7 mg Sodium Veg Gumbo Soup 50 Roast Pork 66 Apricot Glaze 22 Mashed Potatoes 66 5 Grain Bread 223 Apple Cinn Muffin 190 Diet: Apple Grahams 85	8 mg Sodium Diced Chicken 65 Teriyaki Sauce 36 Crunchy Chinese Noodles 58 Brown Rice 5 Oriental Vegetables 21 Rye Bread 150 Mandarin Oranges 7	9 *High Sodium Meal Lentil & Kale Soup 352 Roast Turkey 496 Turkey Gravy 119 Bread Stuffing 224 Multigrain Bread 110 Strawberry Jello 8 Diet: Pineapple 1	10 mg Sodium Grilled Chicken Breast 320 Cacciatore Sauce 71 Bowtie Pasta 1 Tossed Salad 6 Italian Bread 230 Fresh Orange 0	11 mg Sodium Potato Pollock Filet 273 Butternut Squash 48 Spinach 109 Honey Wheat Bread 140 Diced Peaches 5
	Calories: 789	Calories: 584	Calories: 560	Calories: 525	Calories: 519
	14 mg Sodium Three C Soup 299 Meatloaf 214 Brown Gravy 128 Sweet Potatoes 35 Multigrain Bread 110 Pineapple Cake 368 Diet: Grahams 69	15 mg Sodium Cr of Cauliflower Soup 276 Grilled Chicken Breast 320 Florentine Sauce 18 Mashed Potatoes 66 Whole Wheat Roll 105 Fresh Orange 0	16 mg Sodium Sliced Pork 73 BBQ Sauce 82 Brown Rice 5 Tossed Salad 6 Hamburger Roll 230 Pineapple 1	17 mg Sodium Corned Beef Hash 874* Braised Cabbage 25 Carrots 64 Rye Bread 150 Lime Jello 111 Diet: SF Jello 60	18 mg Sodium Broccoli Bake 482 Home Fries 5 Stewed Tomatoes 150 5 Grain Bread 223 Tropical Fruit 10
Calories: 900	Calories: 647	Calories: 616	Calories: 615	Calories: 738	
21 mg Sodium Minestrone Soup 330 Chicken Rice Bake 327 Whole Wheat Bread 188 Oatmeal Cookie 124 Diet: Mixed Fruit 10	22 mg Sodium Cr of Broccoli Soup 275 Ground Beef Burger 200 Mushroom Sauce 182 Mashed Potatoes 66 Whole Wheat Bread 188 Peaches 5	23 mg Sodium Chicken Meatballs 190 Marinara Sauce 94 Penne 1 Tossed Salad 6 Italian Bread 230 Applesauce 0	24 mg Sodium Beef Stew 194 Broccoli 10 Rye Bread 150 Strawberry Yogurt 75	25 mg Sodium Rainbow Trout 40 Lemon Vinaigrette 10 Rice Pilaf 356 Spinach 109 5 Grain Bread 223 Fresh Orange 0	
Calories: 679	Calories: 746	Calories: 557	Calories: 681	Calories: 749	
28 mg Sodium Grilled Chicken Breast 320 Supreme Sauce 56 Winter Squash 8 California Veg Blend 27 Dinner Roll 132 Sugar Cookie 181 Diet: Strawberry Grahams 95	29 mg Sodium Chicken a la King 535* Bow Tie Pasta 1 Mixed Vegetables 28 Biscuit 340 Mandarin Oranges 7	30 mg Sodium Vegetable Soup 115 Salisbury Steak 193 Brown Gravy 140 Sour Cream & Chive Mashed Potatoes 94 Wheat Bread 188 Vanilla Yogurt 50	31 mg Sodium Roast Turkey 496 Cranb Orange Sauce 106 Sweet Potatoes 26 Tossed Salad 6 Multigrain Bread 110 Blueberry Buckle 360 Diet: Applesauce 0	ALTERNATIVE MENUS: Mar 3-Turkey Salad w/cran, Pasta Salad, Chickpea Salad. Mar 10-Seafood AsianSlaw, Hoison Black Bean Salad, Cucumber Salad. Mar 17-Tuna Salad, Mixed Veg Salad, Rice/Bean Salad. Mar 24-Roast Beef, Chickpea Cilantro Salad, Pears. Mar 31-Seafood Salad,	
Calories: 681	Calories: 629	Calories: 769	Calories: 781		

Congregate meals are served Mon., Tues., and Thurs. at 11:30am.
Suggested donation is \$2.50 for seniors and \$3.00 for those under 60.
To sign up for meals, you must call 498-2186 at least 1-2 days in advance by 10a.m.
 For Meals on Wheels call 773-5555, to cancel 773-7702

March 2016 Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Need a ride? Call Betty at 834-4084 and watch for this in the newsletter:</p> 	<p>1 9:00 Blood Pressure and Foot Clinic (by appt.-please bring a towel)  11:00 Romeos  11:30 Lunch  12:30 Bingo </p>	<p>2 9:00 Bridge  11:00 Healthy Bones and Body </p>	<p>3 9:30 Yoga  10:30 Brown Bag 11:30 Lunch  12:15 Brown Bag 12:30 Brown Bag Pickup </p>	<p>4 12:00 Bridge   12:30 First Friday Film: "North by Northwest" </p>
<p>7 9:00 Bridge  9:30 Hadley Walmart's, Penny's & Paper Store  11:30 Lunch 12:30 Hand and Foot </p>	<p>8 11:00 ROMEOs  11:30 Lunch  12:30 Bingo</p>	<p>9 9:00 Bridge  11:00 Healthy Bones and Body </p>	<p>10 9:30 Yoga  11:00 Jennifer-Drug Interactions  11:30 Lunch </p>	<p>11 10 Caregiver's Support Group  Noon Bridge </p>
<p>14 9:00 Bridge  9:30 Hinsdale Walmart's-99 11:30 Lunch  12:30 Hand and Foot </p>	<p>15 11am ROMEOs  11:30 Lunch  12:30 Bingo</p>	<p>16 9:00 Bridge  12:00 Senior Center Pizza Party; Chris Shepard shares his trip  11:00 Healthy Bones and Body </p>	<p>17  9:30 Yoga  11:00 Betsy Llewelyn  11:30 Lunch  1:30 Generations of Fun  7-10pm Third Thursday Movie: "Dead Men Don't Wear Plaid"</p>	<p>18 9:30 COA Meeting  12:00 Bridge  12:30 Market Basket </p>
<p>21 9:00 Bridge  9:30 Holyoke Mall  11:30 Lunch 12:30 Hand and Foot </p>	<p>22  9-11 Vet Rep  9:00 Blood Pressure and Foot Clinic (by appt.-please bring a towel)  11am ROMEOs  11:30 Lunch 12:00 Senior Meeting 12:30 Bingo</p>	<p>23 9:00 Bridge  11:00 Healthy Bones and Body </p>	<p>24 9:30 Yoga  11:00 Ted Thornton "Brazil"  11:30 Lunch  12:30 SHINE by appt.</p>	<p>25  9:00 This is Your Town DL Moody with Peter Weiss  12:00 Bridge  12:00 Terrazza for lunch</p>
<p>28 9:00 Bridge  11:30 Lunch  12:30 Hand and Foot </p>	<p>29 11:00 ROMEOs  11:30 Lunch  12:30 Bingo</p>	<p>30 9:00 Bridge  11:00 Healthy Bones and Body    Noon Pot Luck</p>	<p>31 9:30 Yoga  11:30 Lunch </p>	<p> Put a Spring in your step! Join our exercise classes so you can move with joy!</p>

To join us for any of our programs call 498-2186.
To suggest programming ideas or topics you would be interested in learning about,
Call Heather at 498-2901 ext. 14